

Hours: Monday -Friday
9:30am - 1:30pm



9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

Nancy Riley, Director; nriley@howardcountymd.gov
Rachel McCracken, Asst. Director; rmccracken@howardcountymd.gov

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Closed for New Year Holiday 2	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz 3	9:30 Coffee Talk 10:30 Sing-along w/ Kay 12:00 Lunch 12:45 Exercise w/Liz 4	9:30 Coffee Talk 10:00 Good Old Days 10:00 Snowman Sock Dolls 12:00 Lunch 12:45 Exercise w/Liz 5	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Q and A or Art 12:00 Lunch 12:45 Bingo 6
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days 9	9:30 Coffee Talk 10:00 Good Old Days 11:00 Art Activity Board Games 12:00 Lunch 12:45 Exercise w/Liz 10	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz 11	9:30 Coffee Talk 10:00 Good Old Days 10:30 Art w/ Day Care 12:00 Lunch 12:45 Exercise w/Liz 12	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 MLK program 12:00 Lunch 12:45 Bingo 13
Closed to Observe Martin Luther King Jr. Day 16	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics 12:00 Lunch 12:45 Exercise w/Liz 17	9:30 Coffee Talk 10:00 Good Old Days 11:00 Winter in Paradise 12:00 Lunch 12:45 Good Old Days 12:45 Exercise w/Liz 18	9:30 Coffee Talk 10:00 Good Old Days 10:30 Mosaics 12:00 Lunch 12:4 Exercise w/Liz 19	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Presidential Trivia Bowl 11:00 Charlie E 12:00 Lunch 12:45 Bingo 20
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 23	9:30 Coffee Talk 10:0 Good Old Days 11:00 Polymer Clay Jewlery 12:00 Lunch 12:45 Exercise w/Liz 24	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz 25	9:30 Coffee Talk 10:00 Good Old Days 10:30 Decoupage 12:00 Lunch 12:45 Exercise w/Liz 26	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Paws4Comfort 12:00 Lunch 12:45 Bingo 27
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Snowflakes or Boardgame/Billiards 12:00 Lunch 12:45 Good Old Days 30	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/ James 12:00 Lunch 12:45 Exercise w/Liz 31			

Here is some helpful advice for preventing common winter dangers that the elderly population faces.
Adapted from care.com

Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.
Bring a sweater to Connections because the building is sometimes chilly.

Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. So try to make it in to Connections and be with your friends!

+++++

Closings:

Monday, January 16th Closed to Observe Martin Luther King Jr. Day

Outings:

Monday, January 23rd: Bob Evans Restaurant Outing 9:30am-1:30pm.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations